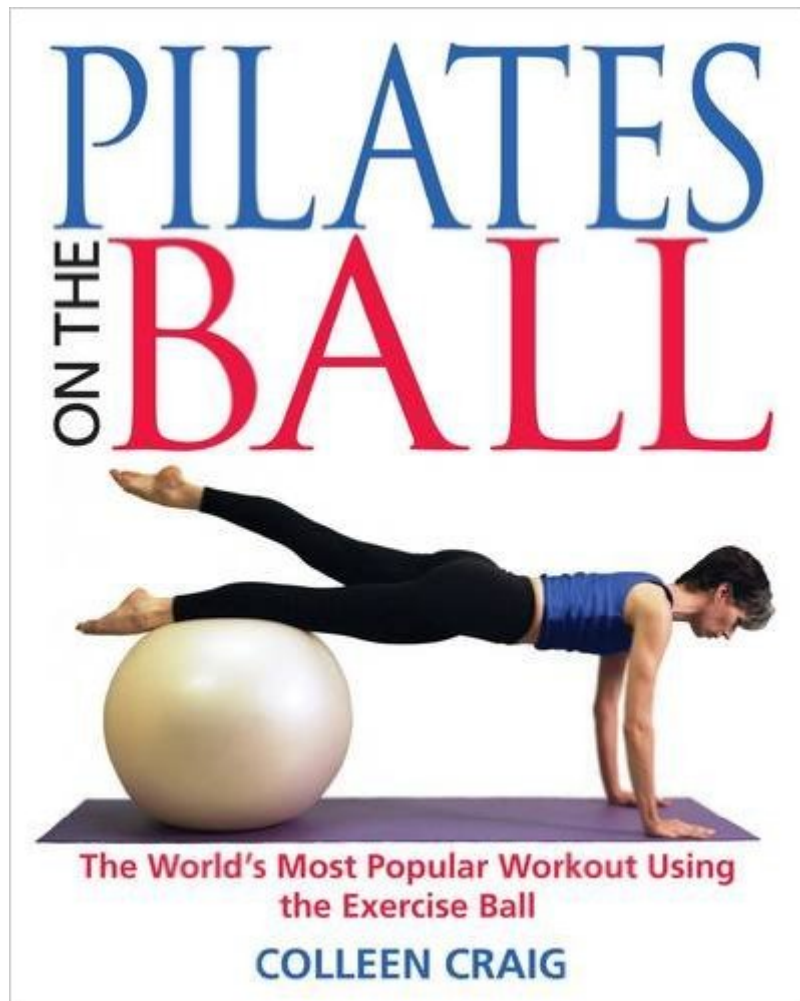


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# Pilates On The Ball: The World's Most Popular Workout Using The Exercise Ball



## Synopsis

A unique and exciting synthesis of two highly acclaimed fitness techniques: Pilates Method and the Swiss exercise ball. • Non-impact Pilates exercises on the ball can be adapted for all levels of ability, from fitness trainers and weekend athletes to those healing from injury or chronic back pain. • Shows how to practice Pilates techniques without expensive equipment. • Profusely illustrated with black-and-white photographs for maximal learning. The Pilates Method of body conditioning is a highly effective workout technique that strengthens the body while engaging the mind. Developed in the early twentieth century by accomplished boxer and gymnast Joseph Pilates, the Pilates Method aligns the body; builds long, lean muscles; and develops core abdominal strength. Many lifestyle and fitness magazines have named Pilates the hottest workout of the decade. In a first-of-its-kind fusion, Pilates on the Ball merges the principles and exercises of the highly effective Pilates Method of body conditioning with the unique functions of the exercise ball, used by Olympic coaches, dancers, and athletes to fine-tune body awareness and enhance physical performance. The ball magnifies the benefits of the carefully developed and refined Pilates Method. Because maintaining balance on the ball recruits the deep, stabilizing muscles of the spine, the postural muscles are strengthened. The ball intensifies athletic performance by increasing resistance and heightening awareness of how the body moves in space. Chapters detail the Pilates principles step by step, with successive movements to challenge all levels of ability and "watch points" for careful evaluation of your form. Intense enough to engage seasoned athletes yet accessible enough to use as an everyday exercise routine or to alleviate chronic pain, Pilates on the Ball builds strong bodies and engaged minds.

## Book Information

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## Customer Reviews

First, I must say that this is a beautiful book. Each exercise is described in text and with a sequence of pictures. Exquisite care was taken to layout these photographs in a practical and eye-pleasing fashion. The small drawings of muscles are quite instructive -- in the style of *Anatomy of Movement*. Generous margins are available for notes and comments. Colleen is clearly an expert in her field. She first describes the fundamental principles of Pilates, laying a foundation for transferring those principles to the Exercise Ball. The exercises are described in detail with pointers on how to perform them safely and effectively. My only complaints about the book are small. The book lacks an index. Given the meticulous editing/layout of the rest of the book, I fondly hope this gets addressed in a future revision. Also, the book doesn't mention the well-respected Exercise Ball body of work that Paul Chek has created. Whether or not the author endorses that work, it deserves at least a mention in the "Resources" section of the book. In any case, I think this is a landmark book -- and well-needed. Exercise balls are being massively marketed right now; there is a crucial need for instruction on how to use these devices safely and effectively. Providing these students with a well-grounded introduction to Pilates makes it all the better.

This is a great book. It adapts Pilates exercises to the popular fitness ball. More than just a variation on the mat workout, it provides ball substitutions for many Reformer and other equipment exercises in the Pilates program. The instability provided by the ball really requires one to focus on balance and posture. Colleen Craig provides clear detailed instruction and photos on all aspects of each exercise including the difficult but important breathing timing. Her video is just as good as the book and assists with visualizing the exercises.

As a family doctor, I have always recommended Pilates exercises to my patients. It is a safe, effective and medically very logical exercise program. Colleen Craig has taken the Pilates system a big step further by utilizing the exercise ball. Her book has clear text, good photos, and helpful case histories to explain the techniques. It has everything needed to embark on an excellent exercise program. Highly recommended. J. Gibson M.D., C.C.F.P.

I carefully poured over the reviews before selecting this book. I bought an exercise ball and I quickly got tired of the 30-minute DVD that came with it, so I wanted new challenges. This book delivers

challenges for beginners, intermediate ball users, and the advanced. I am still on the beginner workout and haven't gotten tired of it yet. I like the idea that there are two more levels for me to move into, so I'm not worried about advancing too fast and "using up" the useful knowledge in this book. Each exercise is painstakingly explained in a standard format. It's very easy to learn the moves and follow along with the pictures. Then, the end of the book has 3 different workouts that use the exercises in different combinations. You can use the page number references to refer back to how to do an exercise if you forget. I've mastered about half of the beginner's workout and it's a terrific exercise every time. I'm going to buy some handweights to move on to the rest of the beginner workout. Many exercises have a basic and advanced version, so you can do the one you are comfortable with until you are ready to progress to a move that requires more skill at stability on the ball.

I've been doing Pilates on the Ball by Colleen Craig for a year now. The book alone is not enough; the DVD is essential. I keep one eye on the TV, both ears on the gentle background music and Ms. Craig's voice, and my whole body relaxed, as Ms. Craig leads me through my 45 minute workout, both verbally and visually. I'm in my mid-60's, and this program is helping my posture stay young and my body strong. I've recommended it to several colleagues, and I'd recommend it to anyone. Ms. Craig speaks the instructions on the DVD, so you can follow the exercises even if you can't really focus on the TV screen as you do them. She speaks to bodies which have sore backs or sore knees, and advises people how to be careful so they don't get injured. I just love this program!

First, this book is simply an enjoyable read. Next, the author does a great job explaining the breathing and postural details which are so critical to pilates. And finally, it's jam packed with well-photographed exercises for all levels of ability.

I am really enjoying this product. The DVD is an excellent guide to begin with and then the book allows for extra exercises and to adapt them to your ability.

I am a Pilates instructor and I found the book to be top, I am recommending it to my clients.

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